

# Middle School/Teen-focused Professional Development

Prime Time offers supports and services to out-of-school time programs serving middle school-age youth. Prime Time Palm Beach County can help you strengthen out-of-school time programs.



**Prime Time**  
PALM BEACH COUNTY  
Dedicated to Quality Out-of-School Time

Scan QR code for more information.



[www.primetimepbcc.org/middle-school-initiative/](http://www.primetimepbcc.org/middle-school-initiative/)

## RECEIVE:

- + Observations, tailored coaching, modeling and feedback
- + Staff training and opportunities to earn CEUs and college credits
- + Enrichment programming from content experts in the arts, technology, wellness and more
- + Training and support for the development of Youth Advisory Councils
- + Monetary incentives for staff
- + Access to the Zone, our exclusive community of practice



## The Zone

an exclusive Facebook group for practitioners working with teens



### PRIZES

*Available practitioner incentives for engagement in the community of practice*



### INCENTIVES

*Available incentives for participants of Prime Time's Youth Advisory Council*



### NETWORK

*Easy to use platform to network with your peers*



The Children's Services Council of Palm Beach County provides significant funding for Prime Time's overall operations. The Palm Beach County Youth Services Department provides support for Prime Time's Middle School Out-of-School Time Initiative.



# Middle School/Teen-focused Trainings

The middle school/teen professional development training series is comprised of the following eight core training offerings designed to complement and build on each other and provide a holistic learning experience. Each training is engaging and interactive!

Register at [www.primetimepbcc.org/trainings-calendar/](http://www.primetimepbcc.org/trainings-calendar/)

## Expanding Youth-Adult Partnerships Cohort (Parts 1-4)

The goal of the Expanding Youth-Adult Partnerships (EYAP) training series is to equip out-of-school time practitioners working with youth in grades 5-8 in Palm Beach County with the skills and knowledge they need to create an environment that fosters positive relationships, leadership and belonging with young people. Practitioners will learn how to work effectively alongside youth while helping them to develop confidence and agency to positively impact their communities.

### Engaging Teens (Parts 1-2)

In this two-part training, you will learn how to engage middle school youth in a way that empowers and motivates them. You will also explore the developmental features of the adolescent brain and receive strategies for developing fun programs and activities that keep teens coming back.

### Inspired to Empower Teens (Parts 1-2)

How can you empower teens? That is the driving question behind this engaging foundational training series that focuses on your powerful role as a middle school practitioner and addresses factors influencing teen feelings of empowerment. By considering the purpose and motive behind your work as a Youth Development Professional, you will be encouraged to embrace your role as a leader while learning how to set goals that can help you develop your potential to strengthen, inspire and empower the youth you work with each day.

### Promoting Responsive Practices for Youth Voice and Leadership (Single Session)

Once you have a Youth Advisory Council at your program, what is the next step? This activity-filled training provides the answer by introducing a strong "whole child" framework and routines designed to help council members build critical life skills while cultivating positive, meaningful relationships with their peers and with adults.

## Building a Positive Community with Teens (Parts 1-2)

This lively training series explores the environment in which you work with youth and provides strategies, fun group activities, and relationship-building meeting structures that will help you establish a community that promotes positive experiences for teens.

### Full STEAM Ahead with Teens (Single Session)

Full STEAM Ahead with Teens is an experiential learning session designed to equip you with resources and strategies that foster exploration, confidence and leadership with young people in your programs. Youth development strategies that encourage active participation and leadership will be modeled throughout the training and integrated in engaging STEAM activities that can be easily implemented with curious teens.

### Middle School Fundamentals (Single Session)

This interactive training encourages practitioners to intentionally plan activities and community events that reflect organizational goals and youth voice. You will learn practical ways to explore new ideas and gain insight from youth as you create your programming and expectations for the school year. Middle School Fundamentals will empower you to design experiences that build positive relationships between adults and youth and boost a sense of belonging at your site.

### Teens and the Family Connection (Single Session)

While exploring the challenges of raising a family in modern society, you will learn how to improve your connection with families and increase their involvement with their teens and your program. You will also gain key principles and strategies to help you build a strong platform for effective family engagement.